

**IN THE CLAIMS:**

Please AMEND the claims as follows:

1. Cancelled.

2. (Original) The device of claim 8 ~~4~~, wherein said weight is attached to said forearm section by a pocket, located contiguous to said forearm section, said forearm section receiving and holding said weight.

3. Cancelled

4. Cancelled

5. (Currently amended) The device of claim 8 ~~4~~, further comprising a fastening member wherein said fastening member comprises one or more adjustable straps that connect one side of said wrist and forearm sections to the other side of said wrist and forearm sections.

6. (Currently amended) The device of claim 8 ~~4~~, wherein said fastening member comprises one or more zippers that connect one side of said wrist and forearm sections to the other side of said wrist and forearm sections.

7. (Currently amended) A device as in claim 8 ~~4~~, wherein said glove section comprises tubular

closed-ended finger receiving members.

8. (Currently amended) A device ~~as in claim 4~~ for conditioning arms and upper body muscles of a user, further comprising:

(a) an unweighted glove section,

(b) a forearm section, said glove and forearm sections comprising one or more pliable members

(c) a weight comprising a plurality of weights located, attached to or integrated with said forearm section, said weight comprising a plurality of objects enclosed by a pliable material, such that said weight is flexible and is able to conform generally to the shape and dimensions of the wearer's wrist, wherein said plurality of objects consists of iron sand or some similarly dense material; and

(d) a securement band extending around said weight.

9. (Previously presented) A device as in claim 8, wherein said securement band extending around said weight extends flexibly around said weight.

10. (Previously presented) A device as in claim 9, further comprising:

(e) a forearm securement strap disposed on said forearm section, said weight being positioned between said forearm securement and said glove section.

11. (Currently amended) A device as in claim 8 ~~4~~, wherein said forearm section is of a length sufficient to extend from said glove section over less than half of the forearm of a user .

12. (Currently amended) The device of claim 8 ~~3~~, wherein said fastening member comprises one or more adjustable straps that connect one side of said wrist and forearm sections to the other side of said wrist and forearm sections.

13. (Currently amended) A device for conditioning arms and upper body muscles comprising:

(a) an unweighted glove section,

(b) a forearm section, said glove and forearm sections comprising one or more pliable members;

(c) a weight comprising a plurality of weights located, attached to or integrated with said forearm section, said plurality of objects being iron or some similarly dense sand enclosed by a pliable material, such that said weight is flexible and is able to conform generally to the shape and dimensions of the wearer's wrist; and

(d) a fastening member, said fastening member comprising at least one adjustable strap that extends around said weight, whereby said weight is comfortably and securely secured to the wrist of a user.

14. Cancelled

**REMARKS**